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MFRI BULLETIN

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MFRI Unveils New EMT and EMR Classes


Beginning on July 1, 2012 a new era in EMS education will begin in Maryland. As a result of the revision of the National EMS Education Standards, both the EMT-B and First Responder courses have received major upgrades.

What was formerly First Responder is now Emergency Medical Responder (EMR) and Emergency Medical Technician-Basic (EMT-B) is now simply Emergency Medical Technician (EMT).

The revised EMT course has increased from 131 hours to a total of 165 classroom hours. The new course is broken into ten modules and uses Brady's Emergency Care, 12th edition as the text. With an increase in emphasis on anatomy and physiology knowledge, the first module focuses heavily on developing an understanding of the pathophysiology of the human body. Each of the first nine modules has a written and practical exam and the last module consists of Practical labs, allowing students to practice all the skills in preparation for the MIEMSS certification exam.

During the spring semester, MFRI has conducted two pilot offerings of the new class, one in the Southern Maryland region and one in the North East region. These classes have been well received but some minor issues have been identified. Issues identified are being addressed and needed revisions will be implemented with the new classes in the fall semester.

Due to the increased difficulty and more in-depth examination of material in the new course, MFRI has identified a number of resources to assist students. First, all textbooks purchased new by MFRI students will come with an access code allowing the student to access educational resources related to the course material. For those students who do not wish to purchase the book, access codes will be available for purchase directly from the publisher, Brady. Brady has produced four podcasts related to the pathophysiology topics to assist students and instructors. These podcasts are available in the Student Zone portion of the MFRI website. Finally, the PowerPoint slides related to the anatomy and physiology material will be posted in the Student Zone but will require a password that will be issued to students at the class start. In addition to the standard printed textbook, students will be able to purchase E-book and audio book versions of the text directly from Brady.

The EMR course (formerly First Responder) has increased from 45 hours to 51 hours. As in the EMT course, the emphasis on anatomy and physiology material has been increased. The new course is broken into nine segments—Preparatory, Airway Management, Circulation, Patient Assessment, Medical Emergencies, Trauma Emergencies, Special Population Patients, Operations, and Practical Skills Lab. The course textbook will be Brady's Emergency Medical Responder, 9th edition. 



The Maryland Fire and Rescue Institute of the University of Maryland is the state's comprehensive training and education system for the emergency services. The Institute plans, researches, develops, and delivers quality programs to enhance the ability of emergency service providers to protect life, the environment, and property.

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Message from MFRI Director Edwards

Many academic and training institutions have recently been challenged by accusations and substantiated dishonesty and cheating during examination administration. This includes the SAT and ACT college admissions exams, standardized tests at various school systems, fire department promotional exams, and training and certification exams. With over 34,000 students each year taking MFRI courses, most of which have written and practical exams, we unfortunately are faced with these issues in our state. To be sure, it is a small minority of students and instructors who fail to abide by appropriate policies and regulations, but we must act to ensure fairness to all students.

It is the responsibility of all representatives of the Maryland Fire and Rescue Institute to actively prevent and detect academic dishonesty. Apathy or acceptance in the presence of academic dishonesty is not a neutral act. All members of the Institute—students, faculty, staff, instructors, and proctors—share the responsibility of challenging and making known acts of apparent academic dishonesty.

MFRI recently revised and approved new policies on “Academic Dishonesty” and “Testing.” All allegations of academic dishonesty will be investigated promptly by MFRI administration. If the investigation reveals that academic dishonesty did occur, punishment may include termination of employment, dismissal from a class, or prohibition from future enrollment in MFRI courses. In addition, any instance of confirmed academic dishonesty by a student will be reported to the agency sponsoring the student's enrollment in the course for appropriate action. Please make sure that you read and understand these new policies, which are posted online in the MFRI Instructor Zone and in the MFRI Student Zone.

All MFRI examinations will have a student pledge, “I pledge on my honor that I have not given or received any unauthorized assistance on this assignment,” that must be signed prior to the exam or assignment being administered. Our goal is to increase awareness and compliance with adequate testing and exam security safeguards. Your cooperation in this effort is appreciated and will only strengthen our emergency services training and education system.

On another note, my sincere congratulations to MSFA President David Lewis who served this year with distinction and effectiveness. Everyone at MFRI is proud of what Dave has achieved and it was our pleasure to have supported him in this effort. 

MFRI Partners with the NFFF to Develop a New Training Program

Allen Williams, Manager, Logistical Support Section, MFRI

The Maryland Fire and Rescue Institute has partnered with the National Fallen Firefighters Foundation to develop a new class entitled “Leadership So Everyone Goes Home.” Allen Williams, Manager of Logistical Support and Risk Management, along with Mike Kernan, faculty member and Incident Command Simulator Coordinator, represented MFRI and served as the main authors of the program.

On February 21, a Train-the-Trainer class was held for representatives from the National Fallen Firefighters Foundation, several members of Maryland’s emergency services, and representatives from the Denver Fire Department who will host one of the first classes. This class will be the third in the “Everyone Goes Home” series, and follows the “Courage to Be Safe” and “L.A.C.K” programs.

The premise of the class is that every day presents opportunities to exercise leadership and make positive differences within the student’s organization, regardless of whether the student’s role is as a senior firefighter, company-level officer, or chief officer. However, exercising leadership is not without its dangers. Exercising leadership can be dangerous because you challenge what people hold dear, including their habits, loyalties, and ways of thinking. Integral components of the

program are videos relating to firefighter line-of-duty deaths. Other real life scenarios are discussed and analyzed.

The overall goal of the “Leadership So Everyone Goes Home” training program is to enlighten firefighting personnel on the important role that effective leadership plays in all aspects of firefighting operations and to offer strategies on how to not only avoid the dangers of exercising leadership, but also to thrive, helping students to make a difference that is truly beyond measure.



Students reviewing case studies.

MFRI is very proud to have partnered with the National Fallen Firefighters Foundation in the development of this program and hopes it serves as a benefit to the nation’s fire service. 


Emergency Services Officers Convene in Ocean City for the 2012 National Fire Service Staff and Command Course

James N. Hearn, Assistant Program Coordinator, MFRI

The 2012 National Fire Service Staff and Command Course, hosted by the Maryland Fire and Rescue Institute in cooperation with the International Association of Fire Chiefs, was held in Ocean City, Maryland from March 14 to 21.

The next National Fire Service Staff and Command Course

will be held in March 2013. A brochure will be available by late summer; information about the next course will also be available on the MFRI website at that time.

The attendees of the 2012 National Fire Service Staff and Command Course represented twenty-one states and the District of Columbia. Photo by Kevin Kirstein, Ocean City Volunteer Fire Department. 





:HYDRATION

firefighter wellness

Angie Bennett, Manager, Advanced Life Support, MFRI

Proper hydration is essential for maintaining optimal health and performance. Research has shown that the average sedentary adult has little problem keeping up with daily fluid needs. You, however, are not average sedentary adults. Your involvement in the physically demanding work of emergency response dramatically increases your fluid needs, and that is why you must be keenly aware of your fluid replacement needs and habits, especially as we enter the summer months.

Many studies have demonstrated the negative physiological consequences of dehydration, which manifest as increased cardiovascular stress and an impaired ability of the body to lose heat. We also know that activity will feel more difficult to a dehydrated firefighter, often resulting in a self-imposed reduction in the intensity or duration of effort.

In recent years, the Maryland Fire and Rescue Institute has placed an increased emphasis on hydration awareness through the implementation of its Hydration Policy. This policy provides guidelines for instructors and students prior to, during, and after the completion of strenuous practical training evolutions in order to maintain proper hydration and prevent dehydration.

We all know the importance of fluid replacement, but there are some relatively simple things that we can all do to increase our capacity to carry water, and thus delay the onset of the detrimental effects of dehydration on our performance.



: Get Moving

It is no secret that regular physical exercise provides enormous health benefits. It helps reduce heart disease, cancer, and many other diseases and metabolic conditions. It helps us maintain a healthy weight, improves brain chemistry, and even reduces depression. Regular physical exercise will also increase our circulating blood plasma volume by as much as 20%. An increase in blood volume means our bodies can deliver more oxygen to working muscles. Regular exercise also increases the efficiency of our body's cooling mechanisms, especially the sweat mechanism. As a direct result of these effects, a physically active emergency responder will carry more water,

sweat less while achieving greater cooling, and lose less salt via sweat. This allows the responder to rehydrate more quickly and completely.



: Eat More Carbs

We have all heard someone sing the praises of the no-carb/low-carb diet, but carbohydrates are key to preventing dehydration. Carbohydrates provide the energy we need to perform physical tasks and the water that we sweat. Diets that are carbohydrate-rich can significantly increase our ability to store carbohydrates and water, which will enhance performance and facilitate recovery. Your goal should be to obtain 60% of your daily calories from low-processed carbohydrate sources.



: Pump Some Iron

Muscle tissue contains 70-75% water, while fat cells contain less than 25% water. Thus, the more lean muscle we carry, the greater our water volume. Incorporating strength training into your regular exercise program will help build lean muscle and reduce your risk of dehydration.

: The Bottom Line

The health and safety risks associated with dehydration are real. Everyone's fluid needs are different and it is important that you understand your body and your needs. These simple suggestions, paired with pre-hydration and fluid replacement strategies in the MFRI Hydration Policy, will reduce your risk of dehydration when engaged in strenuous activity, enabling you to work harder, longer and safer and helping you get the most out of your body with every effort.

TOP MFRI INSTRUCTORS

Per Student Evaluation by Category from July through December 2011

EMS:	John Alexander and Scott Ledman
FIRE:	John Shoemaker, Nicholas Graham, and Frank Tremel (tie)
HazMat:	John Rose and John Shoemaker
MGMT:	Timothy Blackiston, Michael Roberts, & Barbara Knippenburg (tie)
Rescue:	Paul Wible and Joseph Kulley

David Lewis: Outgoing MSFA President



In the past year as President, David Lewis has worked to enhance operational safety within each of the MSFA member departments to reduce line-of-duty deaths and injuries. He initiated two new programs this year to support the MSFA


membership: a Cancer Support Network for MSFA members and their families and Wills for Heroes, which provides free legal service to members to help them develop a simple will. Both programs are in their infancy but have shown that they are needed and wanted by members of the organization.

Three years ago when Dave ran for Second Vice President, he did so because he was looking for a new challenge in life. Several past presidents had reached out and asked him to consider running. With the support of his family, Dave ran for and was elected to the office of Second Vice President in 2009. Since then, Dave's family has attended each convention, cheered him on, and supported his activities throughout the year. Dave says his biggest supporter is his wife of 39 years, emphasizing that she has been behind him 150%.

Dave has been a member of the Odenton Volunteer Fire Company for forty years. He has served in line officer positions holding the ranks of lieutenant, captain, and assistant chief, and also served in several positions on the Board of Directors. Dave is also active with the Anne Arundel County Volunteer Firefighters Association, serving as president from 1983-1984 and 2006-2007 and as a member of the Board of Trustees for the past 24 years. In 1978 MSFA President Oscar Baker asked Dave to chair the MSFA Statistical Committee, a position which he gladly accepted

as his start in the MSFA organization. Since then, Dave has been on a number of committees and held the position of committee chairperson several times. One of the accomplishments that Dave is most proud of is that he was the first chairman for the Data Systems Committee when that committee first recommended that the MSFA use computers to keep track of its documents and files.

Dave currently works at MFRI as the Distance Education Program Coordinator. Working at MFRI while holding the position of MSFA president has given Dave a unique perspective of the various state partners that make up the Maryland emergency services system and how those partners work together. While Dave acknowledges that at times working for both MFRI and MSFA was challenging, his employment at MFRI allowed him to understand how each department works together toward common goals while also being attentive to local operational needs. This past year, Dave worked with MFRI and MSFA to enhance safety by helping implement MFRI's Student Medical Clearance Policy and other safety initiatives.

During the recently completed legislative session, Dave worked with the MSFA Legislative Committee and other statewide emergency services partners to get several key pieces of legislation passed by the Maryland General Assembly. The most important bill makes residential sprinklers mandatory in all new homes by removing a provision of the Maryland Building Performance Standard that allowed local jurisdictions to remove the statewide requirement. Legislation now requires a person to have a permit to sell, purchase, or possess certain chemical compounds that when mixed together are considered explosive. A Cancer Presumption Bill will permit firefighters who have breathed toxins from fires and are later diagnosed with cancer to claim worker's compensation damages as a work-related illness. The MSFA worked to ensure that funding for MSFA operations and support to the state's emergency services system remained intact through the budget process. The most important funding action is an enhancement to the MEMSOF fund through an increase in the Maryland motor vehicle registration fee, which is expected to permit an additional two million dollars to be added to the Senator Amoss Fire, Rescue, and Ambulance Fund. This increase is pending final budget approval. 

MEET THE INSTRUCTOR

Eric Proctor is currently the Battalion Chief of Training with the Howard County Department of Fire and Rescue Services. He has worked in the training department for the past six and a half years and been a MFRI Instructor for five and a half years. In his current role as Battalion Chief in Training, one of his responsibilities is to ensure that classes are scheduled within Howard County that are relevant to the needs of students.

Prior to working for the Howard County Department of Fire and Rescue, Eric worked as a Hospital Corpsman in the Navy for four and a half years. During his time with the Navy, Eric also worked with the Fleet Marine Force as a combat medic. While his time within the service was during peace time, he was involved in a special mission rescuing American citizens in Grenada.

Eric currently teaches management courses for MFRI. He uses his experiences in the military and fire department to impress upon his students the need to be a good role model in order to gain the respect of subordinates, peers and superiors. He also reminds his students not to ask someone else to do something that they wouldn't do themselves. Eric feels that this is an important lesson for any leader to possess.




In the classroom Eric enjoys the interaction with his students. He not only enjoys seeing the students grasp the information that he's presenting, he also enjoys hearing the students share their experiences and what they learned from those experiences.

Eric's favorite class to teach is Fire Officer I where he works with individuals aspiring to be leaders and where he has the ability to affect the students in a positive way to create respected leaders. However, working with a younger generation can be difficult. Eric recognizes that he is lucky to have two sons who

help him understand the needs of the generation currently becoming officers.

Eric's oldest son followed his footsteps and is currently employed by the Howard County Department of Fire and Rescue. Eric was honored that his son followed him into the fire department and knows that his son will do well with this choice of career because he cares about helping others. His younger son is a junior in high school and planning on getting a degree in engineering.

In his spare time, Eric enjoys reading about military history and attending Civil War reenactments. 

Chief Officers Seminar

Andy Levy, North Central Regional Office Coordinator and Chief Officers Seminar Coordinator, MFRI


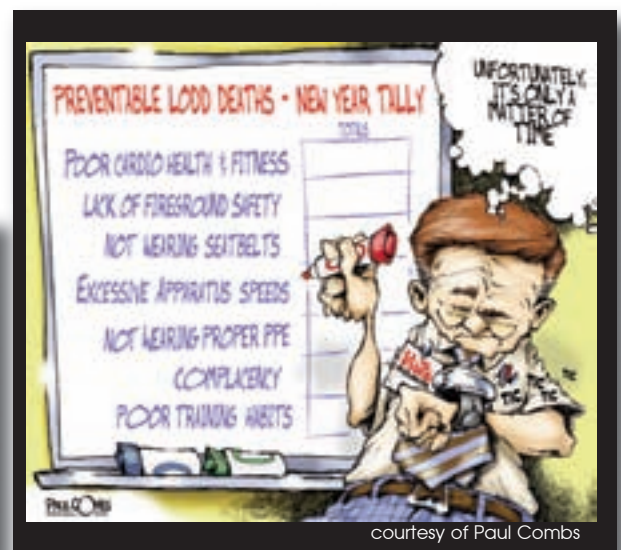
The 44th annual Chief Officers Seminar was held March 10 and 11 at the Universities at Shady Grove Conference Center in Rockville, MD. The program was attended by 230 students. The theme was "Situational Awareness... Protecting Your Blind Side." Next year's seminar will be held March 9 and 10. 

photo by Amber Leizear



MFRI Receives Chief Kenneth Elmore Award

Robert L. Rose, Certification Facilitator, MFRI


The Chief Kenneth Elmore Memorial Award was presented to the Maryland Fire and Rescue Institute at the National Board on Fire Service Professional Qualifications Annual Conference in Orlando, Florida, January 20 and 21.

The award is named in honor of Chief Kenneth Elmore, who at the time of his passing was the Accreditation Manager of the Pro Board, a position he held for many years. Chief Elmore was the face of the Pro Board, working tirelessly to promote certification and the growth of the Pro Board. He was dedicated to the principle that all fire and emergency services providers should have the opportunity to receive formal recognition for their training and education. According to the award criteria, recipients of the award should exemplify the dedication to certification promotion exhibited by Chief Elmore.

MFRI was nominated by Geoffrey Burston, a Research and Degree Strategist with the Justice Institute of British Columbia. Geoff's nomination letter praised MFRI for its long history with the Pro Board including its comprehensive support of certification services to the Maryland Fire Service Personnel Qualifications Board, its commitment to provide support for other Pro Board member agencies, and its widely recognized reputation as a leader in education, training and certification throughout North America and internationally. Geoff participated in the presentation of the award as one of his last official acts upon his retirement from the Justice Institute of British Columbia.

The award, presented by Pro Board Vice Chair Steve Austin and Committee on Accreditation Chair Fred Piechota, was

graciously accepted by Director Steve Edwards who went on to recognize the entire MFRI organization, the MFSPQB, and the Maryland fire service for their cooperation and support of training and certification in Maryland. Additional salutations were offered by Chairman Mike Robinson of the MFSPQB who also attended the awards ceremony. The award itself now resides at MFRI Headquarters, and a perpetual plaque with the names of all award recipients is displayed in the Pro Board's office in Quincy, Massachusetts.

On hearing of the award, Dr. Wallace Loh, President of the University of Maryland, offered the following comments: "This award is a tribute to the outstanding work that MFRI does around the state and the nation. Please share my congratulations with everyone involved. Well deserved recognition!" 



bottom: (l to r): Bob Rose, Certification Facilitator, MFRI; Ron Hassan, Manager, Institute Development Section, MFRI; Becky Spicer-Himes, Manager, Technology and Certification Services Section, MFRI; Larry Preston, Assistant Director, MFRI; Mike Robinson, Chairman, Maryland Fire Service Personnel Qualifications Board; Steve Edwards, Director, MFRI; Geoffrey Burston, Justice Institute of British Columbia; Steve Austin, Vice Chairman, Pro Board; and Fred Piechota, Chairman, Committee on Accreditation, Pro Board.

Maryland Weekend at the NFA, 2012

Wayne Colburn, Field Operations Section and Maryland Weekend Coordinator, MFRI

The annual Maryland Weekend at the National Fire Academy was held February 24-26. Six classes were offered with an average class size of 26 students. A collection was taken up among the students to support the National Fallen Firefighters Memorial by purchasing bricks for the memorial. This year students contributed \$730.



After presenting NFA Weekend Coordinator Myrna Mood with a plaque for her service, John "Sonny" Rose, longest attending Maryland Weekend participant; Myrna Mood; Robert Rose, MFSPQB; Wayne Colburn, MFRI; and Kevin Weigman, first time attendee to Maryland Weekend, gathered to commemorate the occasion. 

Photo by Andy Levy.


Debut of New Swiftwater Rescue Training Trailer

Allen Williams, Manager, Logistical Support Section

Recently, the Maryland Fire and Rescue Institute placed a new Swiftwater Rescue training trailer in service.

The 24-foot trailer, purchased as a shell, was customized in-house to provide all of the logistical necessities for conducting a swiftwater rescue training class.

While a significant portion of the trailer is for the storage of personal protective equipment, another section includes a secured area for instructors to change clothes and store personal items, and has cabinetry for other pertinent equipment.

This new trailer is a welcome addition to our fleet and will serve our students and instructors for many years to come. 



The new
swiftwater
rescue training
trailer is ready
for upcoming
Rescue
Technician—
Swiftwater
Rescue
Technician
classes.